



Work Group Proposal

From the Bylaws, "The Church of Conscious Harmony exists for the sole purpose of facilitating the spiritual journey for people who want to make God-devotion the center of their lives". To this end, in addition to the regularly-scheduled core classes (e.g., Lessons in Truth, Simple Explanations of Work Ideas, new member classes, the Gospel & Work class, etc.), a new form of small group spiritual enrichment is encouraged. "Work groups," are small (generally 7-12 people), self-directed, semester oriented and focused on a particular topic or practice related to the two foundations of the Church: the Christian contemplative tradition and the Work of Inner Christianity.

The aim of Work groups is to provide participants with transforming spiritual enrichment, inspiring love of God and love of neighbor.

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Work Group Title: "Exploration of Heartfulness; Transformation in Christ"

Meeting day/time: Tuesdays 6-7:30pm

Duration: Sept 8 - Dec 1 (Thanksgiving week off)

Purpose or specific aim of Work Group: We wish to open to the offering of Father Thomas and Betty Sue Flowers, complemented with representation from the other leg of the church with readings from Reality of Being, and through these offerings, be led by the Spirit in deepening our practice, our commitment to God, each other, and our transformation in Christ. We will aim to participate in 3 centers. Participants will wear loose, comfortable clothes for easy, gentle breathing/posture exploration. This is not intended to be a yoga class, however.

Sources for content or practice [Heartfulness](#) video series, guidebook, and reflection cards; daily liturgy; [Reality of Being](#), by Jeanne De Salzmann

Outline and timeline for study and/or practice: Begin with short reading from liturgy and 10-15 minute period of Centering Prayer, reading from Reality of Being with a moment of silent reflection, short breathing/posture exploration to ground us in our bodies, discussion of previous weeks work, viewing of video, discussion of aim for the coming week, ending with a chant to anchor experience in our hearts.

Prerequisites for participants: completion of Intro to Centering Prayer Workshop and Simple Explanation of Work Ideas class, church membership or the desire to be a member of the church, participation in Work of Inner Christianity class or desire to participate, and a Centering Prayer practice or the desire to establish/solidify/rekindle a Centering Prayer practice:

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